



Togetherness of the People can Create Happy J&K with Peace in Every Household: LG Manoj Sinha



■ HT News Network

SRINAGAR, AUG 15: Lieutenant

ant Governor Manoj Sinha on
Tuesday said peace and happi-
ness have arrived in every

household with the together-
ness of people creating a happy
Jammu and Kashmir.

Addressing on the occasion
of the 77th Independence
TURN ON.....PAGE 02

Future India is Apt to Shape New World Order, As India is at Decisive Turning Point: PM Narendra Modi

■ HT News Network

NEW DELHI, AUG 15: India is at a decisive
turning point and has the strength to shape
the new world order that was emerging in
the aftermath of the Covid pandemic, Prime
Minister Narendra Modi said on Tuesday
and assured the countrymen of a "New
India" with a bright future in next five years.

Addressing the nation on the 77th Inde-
pendence Day, the Prime Minister urged
fellow citizens not to lose the opportunity to
realise the country's potential as the decisions
and sacrifices made in this period will impact
the country for the next 1000 years.

"Today we have demography, democracy,
diversity, and this 'Triveni' (three factors)
has the potential to make every dream of
India come true," he said.

The Prime Minister said experts the world
over are saying that India was now unstop-
pable. "As a new world order emerged after
World War-2, I can clearly see a new world



order, a new geopolitical equation is fast
taking shape after Covid-19. I can see the
strength of 140 crore Indians in shaping the
changing world. You are at a decisive
TURN ON.....PAGE 02

NEWS BRIEF

1 Killed, 2 Injured in Bijbehara Mishap

SRINAGAR, AUG 15: A motorcycle
borne person was killed and two others
injured in a collision involving a tipper
and a motorcycle in Bijbehara area in
south Kashmir's Anantnag district this
afternoon, officials said.

They said that a tipper (JK03M-1190)
collided with a bike (JK15-4617) at
Doonipora Sangam in Bijbehara, leav-
ing at least three persons, riding on the
motorcycle, injured.

"The injured persons were evacu-
ated to SDH Bijbehara, where one of
them was declared as brought dead on
arrival", they said.

The deceased has been identified as
Mehraj-ud-Din Parray son of
TURN ON.....PAGE 02

I-Day Celebrated at Central Jail Srinagar

SRINAGAR, AUG 15: On the eve of
77th Independence Day, the Superin-
tendent of Police, Central Jail Srinagar,
S. Daljeet Singh hoisted the National
Flag during a function held at Central
Jail Srinagar.

CRPF and Jail Officers including Assis-
tant CRPF, Jail Doctors, Deputy Super-
intendents and others Officers/Staff
attended the function.

Jail inmates participated in the cel-
ebration and presented colorful Cul-
tural programmes and bhangra.

S.P Jail S. Daljeet Singh highlighted
the importance of the Independence
Day and sacrifices of Freedom fighters
of the Country. Sweets were distrib-
uted on the occasion and also Bada
Khana was served to the Jail inmates.

BSF Jawans Celebrate Independence Day At LoC In Kashmir

KUPWARA, AUG 15: Border Secu-
rity Force (BSF) personnel on Tuesday
celebrated Independence Day in this
remote area close to Line of Control in
Jammu and Kashmir's Kupwara district.

The national flag was unfurled by
the commanding officer of the bat-
talion as the jawans raised patriotic
slogans to mark the 77th Independence
Day of the country.

Commanding Officer Mohammad
Israil said, "Our battalion is posted at
the LoC along with three army units.
We are fortunate that we are given the
duty to protect the borders of the coun-
try and we are very proud of it. I want
to assure my countrymen that they are
safe and secure. The enemy cannot
TURN ON.....PAGE 02

Our Armed Forces Will Give Befitting Reply To Anyone Trying To Cast An Evil Eye On India: Rajnath



■ HT News Network

NEW DELHI, AUG 14: India has always
been a peace-loving nation, but will not
spare those with "ill intention or hostility",
Defence Minister Rajnath Singh said on
Monday, amid the lingering border row
with China in eastern Ladakh and Pakistan's
support to cross-border terrorism.

On the eve of the 77th Independence Day,
he also said the government is making all
TURN ON.....PAGE 02

DIPR celebrates 77th Independence Day

Dir. Info hoists National Flag at Srinagar

■ HT News Network

SRINAGAR, AUG 15: Directorate of Infor-
mation and Public Relations (DIPR) today cele-



brated the 77th Independence Day at Media
TURN ON.....PAGE 02

Thousands Attend I-Day Function In Kashmir, Authorities Do Away With Restrictions In Srinagar



■ HT News Network

SRINAGAR, AUG 15: After a gap of two

decades, thousands of Kashmiris thronged
the Independence Day celebrations at
TURN ON.....PAGE 02

77th Independence Day Celebrated with Zeal at Club Park Kokernag

■ Sajad Wani

KOKERNAG, AUG 15: The
77th Independence Day was
commemorated with an awe-
inspiring display of patriotism
and unity at the Club Park
Kokernag in the Anantnag dis-
trict. The event, organized with
grandeur and dedication, wit-
nessed the participation of a
diverse audience and high-



lighted the essence of justice,
freedom, and unity that binds

our nation.
The celebration commenced

with the hoisting of the
TURN ON.....PAGE 02

CS for time bound implementation of LG's directions regarding empowerment of youth & women

■ HT News Network

SRINAGAR, AUG 15: In follow up of
commitments made by the Lieutenant
Governor (LG), Shri Manoj Sinha on
the eve of 77th Independence Day
today regarding the empowerment of
youth and women of the UT of J&K,
the Chief Secretary, Dr Arun Kumar
Mehta enjoined upon the Departments
and the Deputy Commissioners to
formulate plans at their end to meet
both these objectives in right earnest.

Reiterating the views of the Lieuten-
ant Governor, the Chief Secretary
impressed upon all the Departments
to work in coordination to ensure that



every youth in J&K is given confidence
that there shall be no dearth of new
opportunities/possibilities for them
in their lives.

He also stated that in line with
another commitment of the LG regard-
ing all round empowerment and eco-
nomic upliftment of half of our popu-
lation comprising women, each
Department should make it a focal
point to come up with innovative ideas
to find ways of achieving it in a time
bound manner.

Dr Mehta observed that when the
nation is celebrating its 77th Indepen-
dence Day the concept gains
TURN ON.....PAGE 02

Eastern Ladakh Row India-China Held Two-Day Military Talks

■ HT News Network

NEW DELHI, AUG 15: India and China agreed to resolve
the remaining issues along the Line of Actual Control (LAC)
in eastern Ladakh in an expeditious manner, a joint state-
ment said on Tuesday, a day after the two sides concluded
two-day military talks.

"The two sides had a positive, constructive and in-depth
discussion on the resolution of the remaining issues along
the LAC in the Western Sector," it said.

"In line with the guidance provided by the leadership, they
exchanged views in an open and forward looking
TURN ON.....PAGE 02

CONTINUE FROM FRONT PAGE.....

Peace in.....

day function at Bakshi Stadium here, after unfurling the Tri-colour, the Lieutenant Governor said "It is indeed Amrit Kaal of Jammu Kashmir and a new dawn of peace and prosperity for all the citizens".

"Peace and happiness have now arrived in every household and together we have created a happy Jammu Kashmir and a brighter future for the young generation", Lieutenant Governor said.

He said today Jammu and Kashmir is recognised for its change that took place four years ago and the peaceful atmosphere.

He said the administration is trying its best to ensure a common person lives a life of his choice and without any pressure or worry.

"When I joined Jammu and Kashmir as Lieutenant Governor, three years ago, I didn't make any promises and instead stated that I have come to fulfill promises," LG Said.

He said his administration is trying to see a smile on the face of every citizen of Jammu and Kashmir.

"We are committed to make J&K of peace, prosperity and development. Today, new roads, rail lines, new power projects, airport terminals, cinema halls, river fronts are coming up while much more is in the offing," he said, adding that the administration is working to shape the future of 1.30 Cr people of J&K.

He said security forces are working hard to push the last nail in the coffin of terror and its ecosystem. "Terror supported by the neighbouring country acted as a Cancer for the society. We are committed to make J&K a terror free place," he added.

The Lieutenant Governor said this year, so far 1.27 Cr tourists including foreigners visited J&K including a significant number of foreigners as well.

He said: "This year we have witnessed a 59 per cent increase in foreign tourist arrivals".

"I am sure that negative travel advisories imposed on J&K by some countries will be lifted shortly," the Lieutenant Governor said.

This year's successful G-20 summit helped give Jammu and Kashmir a global push. The participants of 27 countries in the G-20 tourism working group meeting held in May in Srinagar, left with a positive message, the LG said.

"Jammu and Kashmir is being recognised as a place of peace and nature's beauty", he said adding "this year's Amarnath Yatra didn't not only attract the devotees from the country but also foreign pilgrims as well".

He said Jammu and Kashmir witnesses 20 lakh e-transactions every day making it one of the digitally transformed places. He said "Azaadi Ka AmritKaI" that will happen in 2047, J&K will be counted as one of the country's best and progressive place.

A three-tier security arrangement was put in place for the smooth and peaceful conduct of the Independence Day celebrations in Srinagar and its adjoining areas. (UNI)

Independence Day.....

turning point," he said.

During his nearly 90-minute-long address, the Prime Minister also outlined various initiatives taken by his government in the past 10 years, including in the field of the country's security, women's empowerment and the welfare of poor and marginalised sections of the society. He also mentioned various incidents in the country, including Manipur violence and said the situation in the northeastern state was improving.

In his 10th consecutive Independence Day speech, also his last before the 2024 Lok Sabha elections, the Prime Minister said in 2014, people decided to take the country forward.

"India was freed from the era of instability. In 2014, we were the 10th largest economy. Today with the efforts of 140 crore citizens we have become the 5th largest economy in the world... This did not happen just like that. The demon of corruption that had the country in its clutches – we stopped leakages and created a strong economy," he said.

Noting that 'Nation First' was the bedrock of his government's policies, Modi said people formed such a government in 2014 and 2019 gave him the strength to pull off reforms.

India is a part of the global supply chain, Modi said and asserted that he was confident that whatever the nation has achieved had brought a guarantee of stability to the world.

"Now, neither in our minds nor that of the world are any ifs and buts, a trust has been developed. Now, the ball is in our court. We should not let go of this opportunity," the Prime Minister said.

Among others, the Independence Day celebration at the Red Fort was attended by over 2,000 guests comprising ministers, diplomats, members of the US Congressional delegation, 400 sarpanches of the vibrant villages programme, 50 nurses and their families from across India and 50 exceptional school teachers.

India's progress is not only fuelled by Delhi, Mumbai and Chennai and the youth of our tier-2 cities are also creating an equal impact in our nation's progress, he said, adding his policies of reform, perform and transform are changing the country.

"My message to the youth is—there is no dearth of opportunities, this country is ready to give you as many opportunities as you want," he said.

Asserting that it was certain that India's capability and possibilities are going to cross new heights of trust, he said these new heights

of trust will go ahead with the new capabilities.

Today, India has received the opportunity to host G20 Summit and in the past year, the manner in which several events of the G20 were held in every corner of the country has made the world aware of the capability of India's common man and India's diversity, he said.

He also urged the nation to get rid of three evils of corruption, nepotism and appeasement to take the nation forward. "Corruption has badly affected India's capability and it is the commitment of Modi's life that I will keep fighting against corruption," he said. (Agencies)

Our Armed.....

efforts to equip the armed forces with the latest weapons and training to meet future challenges.

"We not only seek peace but also express our commitment to peace through our actions. But at the same time, we are also very clear that if anyone dares to look at us with ill intention or hostility, our forces will give a befitting reply," he said.

The defence minister made the remarks in a message to soldiers. The message was aired on All India Radio.

Highlighting the role of soldiers in maintaining India's sovereignty, Singh said, the nation stands with its gallant soldiers who protect the borders by putting their lives at stake without bothering for their comforts and facilities.

"The armed forces can give their best only when they are provided with the best equipment and training. These steps boost the morale of the soldiers, help them overcome challenges and emerge victorious," he said.

"Our government, under the leadership of Prime Minister Narendra Modi, is leaving no stone unturned to provide the military with world-class equipment and training, so that the country can overcome all future challenges," he said.

Singh noted that new branches and trades are being created according to the new emerging needs.

The defence minister expressed the nation's gratitude for the soldiers.

"On this occasion of 77th Independence Day, whether you are standing on the snowy peaks of Kargil where there is lack of oxygen..., whether you are in a submarine in the deep sea, whether you are standing in the hot desert of Thar, or whether you are standing in the middle of evergreen forests in the north-east of India, wherever you are, I want to say that you all reside in the hearts of 140 crore Indians," he said.

The defence minister pointed out that the long-pending demand of the armed forces for the 'One Rank One Pension' scheme was fulfilled by the government as soon as it came to power in 2014.

"The scheme has been revised this year and an amount of Rs 8,413 crore has been paid to more than 17 lakh pensioners," he said.

On the growing role of women in the armed forces, he said several concrete steps have been taken to make the military an equitable and a better working place for women.

"The Indian Army has inducted women officers into the artillery regiment for the first time this year. The commissioning of women officers in the artillery regiment is a great testimony to the steps being taken by our government towards gender equality in the Army," Singh said.

"Our government has taken a historic step to get the talented daughters of the country admitted to Sainik Schools. Today, more than 1,600 girls are obtaining education in various Sainik Schools nationwide," he said.

This would further increase the participation of brave daughters in the defence of the nation and they would achieve greater heights in the times to come," he added. (Agencies)

Lt Governor.....

'At Home' reception on the 77th Independence Day today.

On the occasion, the Lt Governor interacted with the family members of martyrs, freedom fighters and citizens of the Union Territory and exchanged Independence Day greetings.

Thousands.....

Bakshi Stadium here on Tuesday, with authorities this year doing away with restrictions on the movement of people imposed in the past in view of the terror threat.

It was a pleasant surprise for the 1.5 million residents of Srinagar city to not find any concertina wires or barricades, which had come to be associated with the tight security arrangements made on Independence Day and Republic Day in Kashmir.

Carrying the national flag, men and women of all ages filled the stands in the Bakshi stadium while a significant number of children could also be seen. This was the largest gathering of civilians at the stadium for an Independence Day function since 2003 when an estimated 20,000 people witnessed the parade.

The atmosphere was festive as many people clicked selfies in the stands to mark the occasion.

Many schools were open in the city early for flag hoisting ceremonies while shops too were catering to people in some areas of the city including Lal Chowk, in a marked departure from the last 33 years when people would prefer staying home.

While security forces were deployed in adequate numbers to ensure law and order,

traffic was moving freely in most parts of the city with only random checking of vehicles done by security forces at some places close to Bakshi stadium, the venue of the main function in Jammu and Kashmir, officials said.

Mobile and internet services, which used to be suspended on August 15 and January 26, were also not interrupted for the third year in a row.

Several thousand civilians waving the tricolour walked into the renovated Bakshi stadium here to witness the Independence Day parade and cultural programme. While officials did not give any numbers on attendance, sources said around 10,000 people witnessed the function.

"We are happy that there are no restrictions and people are allowed to enter without any special passes. This is how it should have been in the first place," Abid Hussain, a young man in the stands, said.

Shaista Bano had come from Ganderbal district to witness the parade.

"I was longing for so many years to see the parade. When I heard that anyone can enter the stadium, I decided to come this time," she said.

Jammu and Kashmir administration had asked people to participate in the function in large numbers. They had said only valid identity proof was required to be carried along.

The large attendance at the function was befitting the occasion as Bakshi Stadium hosted the Independence Day celebrations again after five years.

The stadium was closed in 2018 for renovation and upgradation and the parade had shifted to Sher-e-Kashmir Cricket Stadium in Sonawar.

For the 2003 Independence Day function, then chief minister Mufti Mohammad Sayeed was accused of 'managing' the crowd by ferrying people from other parts of the valley and filling the stands of Bakshi stadium with security forces in civvies. (Agencies)

DIPR celebrates.....

Complex here.

To mark the occasion, Director Information, Minga Sherpa hoisted the National Flag to commemorate this momentous event which underscores the values of unity, diversity, and national pride that the flag represents.

This symbolic gesture of hoisting the national flag served as a reminder of the country's rich history, the sacrifices of its people, and the bright prospects that lie ahead.

Senior officers of DIPR and other officials of the department also participated in flag hoisting ceremony.

77th Independence.....

National Flag by BDC Parveena Akhter, SDM Kokernag Suheel Ah Lone, and Tehsildar Kokernag Sheikh Ansar Hussain CEO KDA Roman Sheikh SDPO Kokernag Himayu Muzamil and MC Chairman Prince Ah Sheikh. This symbolic act not only marked the beginning of the event but also served as a poignant reminder of the sacrifices and aspirations that form the bedrock of our nation's foundation.

The meticulously planned program featured a rich array of cultural performances, deeply rooted in the Kashmiri heritage. The vibrant cultural showcases garnered significant attention from the attendees, adding an extra layer of significance to the occasion.

The presence of PRI's Volunteers and representatives from various departments further added to the grandeur of the event. Their active participation exemplified the collaborative efforts required to ensure the successful execution of such an event. The event witnessed an overwhelming turnout of enthusiastic civilians, underlining the spirit of unity and patriotism that resonates across the region.

A significant highlight of the celebration was the felicitation ceremony that concluded the program. This ceremony was an opportunity to recognize the hard work, dedication, and relentless efforts of all individuals and departments involved in making this event a resounding success. The event highlighted the remarkable contributions of the entire SDM office team, led by SDM Kokernag Suheel Ah Lone, who diligently worked to make the celebration a memorable one.

The 77th Independence Day celebration at Club Park Kokernag was a testament to the indomitable spirit of the people, the commitment to upholding our shared values, and the aspiration to move forward together as a nation.

The celebrations witnessed a captivating showcase of Kashmiri culture, with various cultural programs capturing the attention of the attendees. The rich tapestry of the region's heritage was on full display, adding to the vibrancy of the event.

The event not only commemorated our nation's journey towards freedom but also served as a reminder of the responsibilities we collectively bear to nurture and protect the ideals that our forefathers envisioned.

CS for time.....

much significance as the nation can not afford to lag behind any of the world powers. He said that the past of the nation had been great and our future ought to be equally bright.

The Chief Secretary further remarked that both the women and youth form the important constituents of the population whose contribution is pivotal in taking the nation up the ladder of development. He stated that empowering

them to achieve their full potential in their lives would unleash positive energy to propel the nation to excel in every possible field.

He called upon all the Departments including the Deputy Commissioners of the UT to formulate action plans in this regard and ensure that these are implemented in right earnest in a time bound manner.

He emphasised on fixing short, mid and long term targets in order to pick the low hanging fruits first and fixing timelines for accomplishment of others. He maintained that J&K has been successful in achieving every single target, howsoever difficult, fixed for itself from the last couple of years.

He encouraged all of them to start taking initiatives from this historical day itself to be successful in fulfilling this task as well. He added that he is hopeful that by same synergy, coordination and collective efforts these two objectives are going to be met soon.

India-China.....

manner," the statement added.

The 19th round of India-China Corps Commander-level meeting was held at Chushul-Moldo border meeting point on the Indian side on August 13-14, it said.

It was for the first time that the high-level military talks on the lingering border row spanned two days.

"They agreed to resolve the remaining issues in an expeditious manner and maintain the momentum of dialogue and negotiations through military and diplomatic channels," the statement released by the Ministry of External Affairs said. "In the interim, the two sides agreed to maintain the peace and tranquillity on the ground in the border areas," it said.

The Indian and Chinese troops are locked

in an over three-year confrontation in certain friction points in eastern Ladakh even as the two sides completed disengagement from several areas following extensive diplomatic and military talks. (Agencies)

1 Killed, 2.....

Ghulam Rasool and the injured as Yaseen Parry (25) son of Bashir Ahmed Parry and Waseem Ahmad Bhat son of Ali Mohammad Bhat – all residents of Sumbal Sonawari in Bandipora.

Confirming it, a police official told GNS that a team is on the site to collect necessary details.

BSF Jawans.....

go through us." Inspector General of BSF Kashmir Frontier, Ashok Yadav, said the alert level along the LoC was heightened ahead of the independence day to foil the evil designs of the enemy.

"Whenever there is a national event, the threat level goes up. BSF, which is posted with the Army along the LoC, is discharging its duties with alertness. We ensure that there is no infiltration from across the LoC. We devise our patrolling and ambushes so that all vulnerable patches are covered and no terror activity can take place. We have done some good operations in which we have stopped several infiltration attempts," Yadav said.

He said as the snow melts along the mountain passes of the LoC, the chances of infiltration increase as well.

"When the snow melts, the vulnerability – in terms of infiltration – increases. The threat perception increases and it is in this season that we see more infiltration attempts. Based on intelligence inputs from our sister agencies, we plan our operations with the Army accordingly and ensure that we foil all infiltration attempts," he added. (Agencies)

Sunfeast announces Shah Rukh Khan the King of Fantasy as the new Brand Ambassador for Dark Fantasy

Releases a new TVC featuring Shah Rukh Khan, bringing the idea of "Har Dil Ki Fantasy" to life

Srinagar, Aug 14: ITC's Sunfeast Dark Fantasy, is thrilled to announce the beginning of an exciting journey with the 'King of Fantasy' - Shah Rukh Khan - as the new face of the brand.

Sunfeast Dark Fantasy introduces its renewed brand proposition, 'Sunfeast Dark Fantasy - Har Dil Ki Fantasy' aiming to establish a profound connection with its consumers. This innovative concept springs from the universal yearning for a touch of fantasy in our everyday lives. With this new perspective, the brand seeks to resonate across diverse consumer segments, encouraging personal flights of fantasy anytime, anywhere. Shah Rukh Khan who is loved by everyone truly represents the fantasy of his innumerable fans across the world. This synergy between the two makes it a fantastical combination.

This collaboration sets a new benchmark for the brand as the 'King of Bollywood' joins forces with the 'King of Biscuits'. Sunfeast Dark Fantasy embarks on the journey of 'Har Dil Ki Fantasy', and invites consumers to partake in an extraordinary adventure guided by Shah Rukh Khan's charm and delectable indulgence of its biscuits. This chapter not only redefines the brand but also elevates the concept of fantasy in hearts of individuals nationwide.

Mr. Ali Harris Shere, Chief Operating Officer, Biscuits & Cakes Cluster, ITC Foods Division, shared his thoughts on the exciting partnership with Shah Rukh Khan: "We are supremely excited to have the King of Bollywood, Shah Rukh Khan, as the face of Sunfeast Dark Fantasy. He is an iconic figure. His charm, sophistication, and larger than life persona makes him the ideal choice to represent the brand. With this association, we are confident of elevating the brand's presence and further reinforce its connection with consumers. Together, we aim to take people on an extraordinary journey that celebrates their fantasies, making it a memorable experience."

Shah Rukh Khan, whose movies have brought joy to millions of hearts, expressed his views on joining hands with Sunfeast Dark Fantasy: "I am delighted to associate with Sunfeast Dark Fantasy, a brand that is truly loved by all of us. The brand's new proposition of 'Har Dil Ki Fantasy' deeply resonates with me, as it encourages everyone to imagine, fantasize and live the extraordinary; an idea which I truly believe in. I am happy to be a part of this exciting and unique journey of fulfilling fantasies."

Mr. Romi Nair, National Creative Director, FCB Ulka expressed his joy on the exciting collaboration between Shah Rukh Khan and Sunfeast Dark Fantasy: "We

know that everyone fantasizes and "Har Dil ki Fantasy" is born out of that insight. This campaign encourages everyone to take "flights of fantasy" and come back alive. And to bring this idea to life, who better than Shah Rukh Khan who is the Fantasy of India. The campaign brings Shah Rukh Khan in an avatar that we all love him for. He will charm India with this campaign."

The TVC, conceptualised by FCB Ulka, begins at a salon's waiting area where a lady eagerly awaits her turn. To kill time, she enjoys a Choco Fills cookie, which instantly transports her to a fantasy, Bollywood star Shah Rukh Khan magically appears and indulges her, styling her hair, applying makeup and tending her nails. She comes back with a smile, realising it was all in her fantasy and shares a cookie with a puzzled girl nearby. Shah Rukh Khan's voiceover highlights the delightful experience, "Crunchy cookie mein molten choco". The commercial concludes with Shah Rukh Khan exclaiming, "Har Dil Ki Fantasy" as a pack of the cookies is showcased.

The campaign is set to launch across



India in 8 different languages. It will be broadcasted across digital, social media platforms and television channels, forming an integral part of the comprehensive pan-India media plan.

Further, with the advent of this association and the brand's new proposition, Sunfeast Dark Fantasy is all set to carve an everlasting place in the hearts of its customers by offering them an unmatched experience that blends fantasy with reality.

Amidst air of curiosity, the brand unveiled an enticing teaser starring Shah Rukh Khan, presented in Hindi, Tamil and various other languages across social media platforms through influential figures. This strategic move swiftly captured the public's attention, sparking widespread discussion. The teasers collectively garnered impressive traction across diverse social media channels, further amplified as fans enthusiastically shared the content across various platforms.

I-Day, 2023 celebrations held across all the District Courts of Kashmir

HT News Network

SRINAGAR, AUGUST 15: The celebrations for 77th Independence Day were today held across all the District Court Complexes (DCCs) of Kashmir Valley, during which the respective Principal District and Session Judges (PD&SJs) hoisted the national flag and took salute at the march-past.

In Baramulla, the 77th Independence Day was celebrated with all patriotic fervor and enthusiasm within the premises of District court complex Baramulla wherein the Chairman District legal Service Authority Baramulla/Principal Session Judge, Mohammad Ashraf Malik hoisted the National flag and took salute at the march-past.

Speaking on the occasion, the Chairman DLSA Baramulla highlighted the role of freedom fighters in achieving the Independence on 15th of August in 1947 and narrated the role of Advocate Chittaranjan Das who was affectionately called as Desh Bandhu.

He also said that after a strenuous struggle our country gained Independence on 15 August 1947 with so many sacrifices and efforts of all the freedom fighters and the purpose of this celebration is to remember the sacrifices of all freedom fighters.

Mohammad Ashraf Malik also highlighted the importance of "Azadi Ka Amrit Mahotsav" and impressed upon all the stakeholders to work judiciously and said we all shall put endeavors to make India United, Progressive and Prosperous.

On this occasion, the Principal District and Sessions Judge extended his warm greetings to the people on this auspicious occasion.

Later, The Principal District and Session Judge led a mega Tiranga rally in which all the participants including Police Personals, Crpf Personals participated



wholeheartedly.

The function was attended by the 1st Additional Session Judge Baramulla, Sub Judge Baramulla Special Mobile Magistrate/ Sub Judge (Secretary District legal service Authority Baramulla), Judicial Magistrate First Class (Munsif) Baramulla, Public prosecutors, Legal Aid Defence Councils, Bar members and staff members of all courts and para legal volunteers DLSA Baramulla.

Similarly function was organised at Court Complex Sopore wherein Additional District and Sessions Judge (NIA) Baramulla, Pawan Kumar Sharma hoisted the National Flag and took salute at the march-past.

Among others, Chief Judicial Magistrate Sopore, Adil Mushtaq, District Mobile Magistrate Baramulla and other concerned functionaries were also present.

In Anantnag, the 76th year of Independence day was today celebrated in solemn and dignified demeanor to remember and honour the freedom fighters and their sacrifices.

In this connection, District Legal Services Authority Anantnag under the guidance of Jaffer Hussain Beigh (Chairman DLSA Anantnag) in presence of Faizan-ul-Hag CJM Anantnag hoisted the (Tri-Colour) National Flag at the Court Complex premises.

The dignitaries who attended the program were Secretary DLSA Anantnag, Tabassum Qadir Parray and

other Judicial officers, Public Prosecutions officers, bar associations and staff members, Penal Lawyers, Police officers & PLVs of District Anantnag.

On the occasion the tricolour was also hoisted with great enthusiasm and respect by Chairman Tehsil Legal Committees in different subordinate courts.

In Srinagar, Principal District & Sessions Judge (Chairman, DLSA, Srinagar) Jawad Ahmed hoisted the tricolor, took salute at the March past comprising valiant members of the J&K Police, during the function held at the District Court Complex in the picturesque locale of Moominabad, Srinagar.

The celebration was graced by large gathering of distinguished participants, including all Judicial Officers of District Srinagar, Officers of the Prosecution Department, Members of the Bar, Officials from the R & B Department, Treasury, and the Jammu & Kashmir Bank, Branch, Moominabad, Officers and ministerial Court staff, Staff members of DLSA, Srinagar, members of LADC (Legal Aid and Defense Counsel), Penal Lawyers, and Para-Legal Volunteers. This collective gathering showcased the unity of purpose and the shared commitment to the nation's progress.

In Budgam, In a resplendent display of patriotism and unity, the 77th Independence Day was celebrat-

ed with great fervor at the District Court Complex Budgam. On the occasion, Principal District & Sessions Judge, and Chairman, DLSA, Budgam, Khalil Choudhary hoisted the National Flag and took the salute at the March past.

The celebration was graced by the distinguished presence of Additional District & Sessions Judge, Budgam, Aijaz Ahmad Khan; Chief Judicial Magistrate, Budgam, Noor Mohammad Mir; Special Mobile Magistrate, Budgam, Sheikh Gowher; Civil Judge Jr. Division, Farrah Bashir; Officers from the Prosecution Department, members of the legal fraternity, including lawyers from the Bar, Officers and ministerial court staff, and officers, staff members of the DLSA, Budgam and para legal volunteers (PLVs).

Khalil Choudhary in his special address highlighted the sacrifices of our freedom fighters and the resilience of every Indian who has contributed to shaping our great nation.

In Ganderbal, the event commenced with the hoisting of the National flag by Principal District and Sessions Judge (PDJ), Ritesh Kumar Dubey, accompanied by the singing of the national anthem.

In his address, the PDJ emphasized the importance of upholding the principles enshrined in the Indian Constitution and the immense responsibility of the judiciary in ensuring justice and equality for all.

Among the esteemed dignitaries in attendance were, Fayaz Ahmad Qureshi, Chief Judicial Magistrate; Mohd. Waseem Mirza, JMIC/Munsiff, and Mainaaz Qadir, Munsiff/Civil Judge.

The event witnessed a convergence of legal professionals, including lawyers, court staff, DLSA staff, Public Prosecutors, Prosecution staff, e-court staff, and PLVs of DLSA, all coming together in harmony to encapsulate the spirit of freedom that our nation cherishes dearly.

77th Independence Day celebrated with patriotic fervor in Ganderbal Nuzhat Ishfaq unfurls National Flag at Qamaria Ground.

SULIMAN SAITH

Ganderbal 15th Aug: District Development Council (DDC) Chairperson Ganderbal, Nuzhat Ishfaq unfurled the National Flag and took the salute at the 77th Independence Day function being celebrated at Qamaria ground, Ganderbal here today.

In her address, while congratulating the people of Ganderbal, DDC Chairperson lauded the importance of Independence Day celebration and recalled the sacrifices of great freedom fighters. She also highlighted the various developmental achievements registered by district administration in different sectors in the district besides implementation of welfare schemes as on 77th Independence Day. Highlighting the developmental activities in the district, she said that a new era of development has



begun in Jammu and Kashmir as well as in Ganderbal district and new paths are being paved for all-round development. The priorities of the administration include ensuring people's safety, providing all facilities, women's empowerment, improving public health, and exploring new avenues for social welfare. Although a lot has been done in this regard, but much more remains to be done, she added. While highlighting the initiatives

taken, DDC Chairperson said that Rs 250 Crore are approved for the district besides, Rs 41 Crore has been allocated by the government to PRIs, BDCs and DDCs so that developments works are taken as per the priority of the people.

She further said that a total of 1306 work have been allotted to different departments out of which 90% of the works have been tendered and 50% funds are also released. In her speech she also highlighted the

achievements in previous year under Area Development Plan adding that 686 works were completed by several departments and executing agencies in the district.

To give flip to the developmental activities in the district, she said that 75 projects are approved under Languishing scheme at the cost of Rs 215.91 crore out of which 28 are already completed besides, work on several other projects under different departments is also in full swing. The developmental scenario of the district will get changed and most of services would be available at the doorsteps of general public, once these projects get completed, she added. Highlighting the importance of roads in socio-economic development, Nuzhat Ishfaq said that the district administration is making every possible effort to improve the condition of the roads.

I-Day, 2023 celebrations held across all the District Courts of Kashmir

HT News Network

SRINAGAR, AUGUST 15: The celebrations for 77th Independence Day were today held across all the District Court Complexes (DCCs) of Kashmir Valley, during which the respective Principal District and Session Judges (PD&SJs) hoisted the national flag and took salute at the march-past.

In Baramulla, the 77th Independence Day was celebrated with all patriotic fervor and enthusiasm within the premises of District court complex Baramulla wherein the Chairman District legal Service Authority Baramulla/Principal Session Judge, Mohammad Ashraf Malik hoisted the National flag and took salute at the march-past.

Speaking on the occasion, the Chairman DLSA Baramulla highlighted the role of freedom fighters in achieving the Independence on 15th of August in 1947 and narrated the role of Advocate Chittaranjan Das who was affectionately called as Desh Bandhu.

He also said that after a strenuous struggle our country gained Independence on 15 August 1947 with so many sacrifices and efforts of all the freedom fighters and the purpose of this celebration is to remember the sacrifices of all freedom fighters.

Mohammad Ashraf Malik also highlighted the importance of "Azadi Ka Amrit Mahotsav" and impressed upon all the stakeholders to work judiciously and said we all shall put endeavors to make India United, Progressive and Prosperous.

On this occasion, the Principal District and Sessions Judge extended his warm greetings to the people on this auspicious occasion.

Later, The Principal District and Session Judge led a mega Tiranga rally in which all the participants including Police Personals, Crpf Personals participated wholeheartedly.

The function was attended by the 1st Additional Session Judge Baramulla, Sub Judge Baramulla Special Mobile Magistrate/Sub Judge (Secretary District legal service Authority Baramulla), Judicial Magistrate First Class (Munsif) Baramulla, Public prosecutors, Legal Aid Defence Councils, Bar members and staff members of all courts and para legal volunteers DLSA Baramulla.

Similarly function was organised at Court Complex Sopore wherein Additional District and Sessions Judge (NIA) Baramulla, Pawan Kumar Sharma hoisted National Flag and took salute at the march-past.

Among others, Chief Judicial Magistrate Sopore, Adil Mushtaq, District Mobile Magistrate Baramulla and other concerned functionaries were also present.

In Anantnag, the 76th year of Independence day was today celebrated in solemn and dignified demeanor to remember and honour the freedom fighters and their sacrifices.

In this connection, District Legal Services Authority Anantnag under the



guidance of Jaffer Hussain Beigh (Chairman DLSA Anantnag) in presence of Faizan-ul-Hag CJM Anantnag hoisted the (Tri-Colour) National Flag at the Court Complex premises.

The dignitaries who attended the program were Secretary DLSA Anantnag, Tabassum Qadir Parray and other Judicial officers, Public Prosecutions officers, bar associations and staff members, Penal Lawyers, Police officers & PLVs of District Anantnag.

On the occasion the tri-colour was also hoisted with great enthusiasm and respect by Chairman Tehsil Legal Committees in different subordinate courts.

In Srinagar, Principal District & Sessions Judge (Chairman, DLSA, Srinagar) Jawad Ahmed hoisted the tricolor, took salute at the March past comprising valiant members of the J&K Police, during the function held at the District Court Complex in the picturesque locale of Moominabad, Srinagar.

The celebration was graced by large gathering of distinguished participants, including all Judicial Officers of District Srinagar, Officers of the Prosecution Department, Members of the Bar, Officials from the R & B Department, Treasury, and the Jammu & Kashmir Bank, Branch, Moominabad, Officers and ministerial Court staff, Staff members of DLSA, Srinagar, members of LADC (Legal Aid and Defense Counsel), Penal Lawyers, and Para-Legal Volunteers. This collective gathering showcased the unity of purpose and the shared commitment to the nation's progress.

In Budgam, In a resplendent display of patriotism and unity, the 77th Independence Day was celebrated with great fervor at the District Court Complex Budgam. On the occasion, Principal District & Sessions Judge, and Chairman, DLSA, Budgam, Khalil Choudhary hoisted the National Flag and took the salute at the March past.

The celebration was graced by the distinguished presence of Additional District & Sessions Judge, Budgam, Aijaz Ahmad Khan; Chief Judicial Magistrate, Budgam, Noor Mohammad Mir; Special

Mobile Magistrate, Budgam, Sheikh Gowher; Civil Judge Jr. Division, Farrah Bashir; Officers from the Prosecution Department, members of the legal fraternity, including lawyers from the Bar, Officers and ministerial court staff, and officers, staff members of the DLSA, Budgam and para legal volunteers (PLVs).

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The event witnessed a convergence of legal professionals, including lawyers, court staff, DLSA staff, Public Prosecutors, Prosecution staff, e-court staff, and PLVs of DLSA, all coming together in harmony to encapsulate the spirit of freedom that our nation cherishes dearly.

In addition President Bar Association, Ganderbal & Members of Bar Association lavished this event with their esteemed presence.

In Kulgam, the Independence Day celebrations were held at District Court Complex Kulgam where Pr. Distt. & Sessions Judge, (Chairman) District Legal Services Authority (DLSA) Kulgam, Muhammad Ashraf Bhat hoisted the National Flag. The function was attended by Abdul Qayoom (Chief Judicial Magistrate Kulgam), Tabasum Qadir Parray (Secretary DLSA Kulgam), Muneer Ahmad Bhat (Additional Special Mobile Magistrate Kulgam),

Independence Day, 2023 celebrated across Kashmir hospitals

HT News Network

Yatra.

Later, Director Health Services Kashmir distrib-



SRINAGAR, AUGUST 15: The Directorate of Health Services Kashmir, Srinagar on Tuesday celebrated 77th Independence Day with enthusiasm at its office in Bemina where Director Health Services Kashmir, Dr Mushtaq Ahmed Rather unfurled the tricolor.

The function was attended by the Deputy Directors, chief accounts officer, Assistant Directors, Epidemiologist Kashmir, CMO Srinagar, DHO Srinagar, all staff members of DHSK, doctors, and scores of paramedics from all districts of Kashmir valley. On the occasion, Dr Mushtaq appreciated the health department and health workers for their meritorious services during the Covid-19 pandemic, G 20 and shri Amarnaath ji

uted promotion orders to various categories of employees. Pertinently these promotions have been done after 14 long years in the department. The employees hailed and thanked the Director for this gift on the occasion of Independence Day. Colourful cultural programmes were presented which enthralled the participants. The function was attended by the Deputy Directors, chief accounts officer, Assistant Directors, Epidemiologist Kashmir, CMO Srinagar, DHO Srinagar, all staff members of DHSK, doctors, and scores of paramedics from all districts of Kashmir valley. On the occasion, Dr Mushtaq appreciated the health department and health workers.

State Taxes Department organizes Speech Competition on 'Sustainable Development'

HT News Network

SRINAGAR, AUGUST 14: As part of celebrations of 'Azadi Ka Amrit Mahotsav' under the theme 'Meri Maati, Mera Desh', the State Taxes Department Kashmir under the guidance of Commissioner State Taxes, Dr. Rashmi Singh today organized a Speech Competition, centered around the theme of 'Sustainable Development' at E&T Complex Solina, Srinagar.

The Speech Competition witnessed enthusiastic participation from students of various Government schools of the Valley. Besides Commissioner State Taxes Kashmir, Dr. Rashmi Singh; Additional Commissioner State Taxes Kashmir, Shakeel Maqbool, the programme was attended by DC Enforcement (Central) Parvaiz Ahmad Raina, DC Recovery and IT, DC Appeals II, Assistant Commissioners, States Taxes Officers, Inspectors, SIs, teachers and other officials of the department. Speaking on the occasion, the Commissioner State Taxes Kashmir said that the primary objective of the event is fostering educational initiatives that resonate with the public. Through this event, the State Taxes Department aims to raise awareness about the pressing need for sustainable practices and responsible resource management among students and the general public, she said. The focus has always been on individual and collective efforts in realizing a harmonious balance between economic growth, environmental protection, and social equity, Dr. Rashmi said.

PUBLIC NOTICE

I have lost my 12class Provisional certificate Now I am applying for its duplicate if anybody have any objection in this regard He/ She may file His/Her objection in the principal office MET HIGHER SCHOOL SOPORE within seven days from the publication of this notice after that no objection will be entertained

Name...BAREEZA RASHEED
D/O...ABDUL RASHEED GANAIE
R/O...CHOORA SOPORE
Distt...BARAMULLA

Jammu division celebrates Independence Day with patriotic fervour, gaiety DDC Chairmen hoist National Flag; enumerate developmental achievements in Districts

HT News Network

JAMMU, AUGUST 15: Festivity and patriotic fervour gripped Jammu Division as the Nation celebrated the 77th Independence Day amid great passion and enthusiasm.

At Kathua: The main function was held at Sports Stadium, where DDC Chairman Col (Retd) Mahan Singh hoisted the National flag and took salute from mega parade comprising of 45 contingents drawn from District Police, Police Training School, IRP, NCC boys and Girls, Bands and tiny platoons from various Government and Private schools.

Vice Chairman DDC Kathua Raghunandan Singh, BDC Chairpersons, DC Kathua Rakesh Minhas, SSP, Shivdep Singh Jammwal, DDC Members, other functionaries of district admin-

istration, PRI members and a good number of people were present.

In his address, the DDC Chairman recalled the sacrifices made by freedom fighters to secure independence for the country. He remembered the brave soldiers and policemen who laid down their lives while fighting for the nation and appealed to the citizens to serve the nation with devotion, honesty and truthfulness.

Terming Independence Day as the most significant day in the history of India, the DDC Chairman said 'on this very day the sun of independence dawned on the horizon of our motherland and India becomes Independent and sovereign state after a prolonged struggle.'

Highlighting the developmental initiatives undertaken in the District, the DDC chairman said Delhi-Katra 6 Lane



Expressway, International Sports Stadium at Hiranagar, Shahpur Kandi project, etc. when completed will catapult the development profile of

Kathua district.

Accounting for the development scenario of Kathua, the DDC Chairman said the district will have a good addition of a

Homeopathic Medical College at Jasrota where classes for 60 seats will commence from the next year. Besides, a good number of 2834 works have been

targeted under the current year district plan which will pave the way for holistic development of Kathua".

A colorful cultural programme and a Mass Drill by student groups of different schools steal the show.

The DDC Chairperson also gave away prizes and trophies to the participating performers, outstanding achievers and competition winners of DIPR J&K.

Earlier, District Information Centre, Kathua in the wee hours played Shahnai Vadan at DC office complex and SSP office.

At Samba: District Samba celebrated the 77th Independence Day with great fervor and patriotic spirit. The event saw enthusiastic participation from people of all ages.

The Chairman District Development Council, Keshav Dutt Sharma, hoisted the national flag at the beautifully decorated

Rani Suchait Singh stadium. Vice Chairman Balwan Singh, District Development Commissioner Abhishek Sharma, Senior Superintendent of Police Benam Tosh, and other district officers and officials were also present.

Paying homage to freedom fighters, Chairman Keshav Dutt Sharma hailed their sacrifices made to secure India's freedom.

The achievements of the district administration and PRIs were outlined, showcasing substantial growth in sectors such as PMGSY, PMUY, JJM Ayushman Bharat, and SBM(G). Notable achievements of schemes like MGNREGA, IWMP, ICDS, Back to Village programme, Mumkin, and Youth Clubs were also highlighted.

Hailing them, the Chairman commended the dedicated service of security forces including the Army, CRPF, BSF, and JK Police throughout the year.

BDC Chairperson hoisted national flag at Mendhar

M S Nazki

MENDHAR Independence Day was celebrated with fervor and gaiety in Sub Division headquarters Mendhar GHSS(Boys) Mendhar in which BDC Chairperson Tahira Jabeen hoisted national flag. While speaking on the occasion He remembered the sacrifices made by the freedom fighters. He urged the students to work hard to make India a super power.

SDM M J Khan Principal GDC Mendhar Prof Mohd Azam CoJKAP 6thbn Suram Singh SDPO Sheezen Bhat SHO Mendhar Sajad Bania NT Mukesh Singh and all the sectoral officers were present in the programme which was witnessed by large number of people from all walks of life.

77th Independent day celebration held at Mendhar By 55 Battalion CRPF

M S Nazki

MENDHAR On the occasion of 77th Independence Day, commemoration of 'Azadi Ka Amrit Mahotsav' was arranged with Flag Hoisting ceremony at

55 Battalion CRPF Mendhar Second in command Shri Satpal Singh was the chief guest on the occasion.

After Flag Hoisting, sweets were distributed to school children. Shri Satpal Singh and motivated them to excel in the field of their interest whether it is sports, music, education or any other field to bring good name to their parents, school, teachers and the nation.

The locals, children's and jawans were present on this auspicious occasion.

Directorate of Tourism celebrates 77th Independence Day

HT News Network

SRINAGAR, AUGUST 15: Directorate of Tourism, Kashmir today celebrated the 77th Independence Day at TRC here.

To mark the occasion, Director Tourism, Kashmir, Raja Yaqoob hoisted the National Flag and took salute from a contingent of Tourist Police and local CRPF company to commemorate this momentous event.

This hoisting of the national flag serves as a reminder of the country's rich history, sacrifices of its people, and the bright prospects that lie ahead.

Senior officers of Tourism Department and other officials of the department also participated in flag hoisting ceremony. Senior officers of Tourism Department and other officials of the department also participated in flag hoisting ceremony.

NIT Srinagar celebrates 77th Independence Day, Dir unfurls tricolor

HT News Network

Srinagar, 15 Aug: The National Institute of Technology (NIT) Srinagar celebrated the 77th Independence Day with a resounding display of patriotism and an inspiring vision for the nation's future. The ceremony featured a flag hoisting by Director Prof. Sudhakar Yedla, followed by a series of cultural performances and a meaningful fancy dress exhibition.

Registrar Prof. Syed Kaiser Bukhari, Deans, HODs, faculty members and students were also present on the occasion. It was followed by a grand parade by the security wing and NCC's girl's unit of the institute.

In his Independence Day address, Prof. Yedla congratulated people on 77th Independence Day and recalled the supreme sacri-

fices made by our leaders and freedom fighters.

"Freedom is the greatest thing in one's life and we are forever grateful to all those who sacrificed their lives to give us the fragrance of freedom," he said.

Prof. Yedla said that India is the country with extreme diversity that demonstrated such unity that got us the independence, and continues to draw strength from its diversity.

Prof. Yedla further said today, we are privileged to witness the confluence of this diversity, right here at NIT Srinagar, where students and faculty from various states and backgrounds come together to learn, grow, and contribute to our nation's progress.

"Here, it is a united family with wide diversity and that is the spirit of India. For the past 76 years,

Indian Army celebrates 77th Independence Day At Mendhar

M S Nazki

Poonch The 77th Independence Day of the Country was celebrated with great enthusiasm and fervor by Indian Army at Govt High School Upper Dharana, three kms away from Line of Control. A gathering of more than 200 of all age groups, was present for the event which was celebrated on the theme "Nation First, Always First" as part of Azadi Ka Amrit Mahotsav" being celebrated by Govt of India.

The event commenced with hoisting of the flag followed by National Anthem and patriotic songs. The students also participated in a march past, cultural programmes, dance performances, singing and tug of war competition enthusiastically showcasing their skills. The event was full of patriotism and enthusiasm that kindled a sense of love for our country within the children.

Master Ghulam Rasool, student of GHS Upper Dharana, gave an educative speech



on the menace of drugs and their preventive measures.

Mr Kunal Sharma, an individual trained by Indian Army at Mendhar, who has cleared all tests for CRPF has now, in addition cleared the written exam for Agniveer and is due for the physical tests in October for which he is being trained by the Indian Army.

The celebrations concluded with distribution of prizes to the winners of competitions and gifts to participants. The local Sarpanch, senior citizens and staff of the school thanked Indian Army for organising the event and their continued patronage towards the institution.

Government Departments, Educational Institutions celebrates I-Day

HT News Network

DHSJ: Independence Day was celebrated today in Directorate of Health Services Jammu with great patriotic fervour.

Director Health Services Jammu Dr. Rajeev Kumar Sharma hoisted the National Flag that was followed by singing of National Anthem by all present on the occasion. DHS Jammu congratulated everyone on this day.

Flag hoisting ceremonies were also held in the Health Facilities and offices across Jammu division.

Sheep Husbandry Department Jammu celebrated the 77th Independence Day with grandeur, gaiety, great patriotic, fervour, zeal and enthusiasm under the aegis of "Azadi



ka Amrit Mahotsav" and 'Har Ghar Tiranga'.

Director Sheep Husbandry Department Jammu, Dr. Naseem Javid Chowdhary accompanied by all staff members, hoisted the National Flag in the Sheep Husbandry Complex Jammu followed by the Nation-

al Anthem. He urged to realize, understand and cherish our coveted freedom and work towards a progressive nation. He extended his warm greetings to all the staff members on the occasion.

Similar functions were also organized in all the

subordinate offices of the Department.

Horticulture Department Jammu: Director Horticulture Jammu, Ram Savak hoisted tricolor in the Horticulture complex to mark the celebration of 77th Independence Day in the presence of Joint Director Horticulture Jammu C. L. Sharma, Deputy Director Horticulture (central), and other officers and officials of the department.

Speaking on the occasion, the Director Horticulture said that the country has completed 76 years of Independence and it has been celebrated with a campaign of "Meri Mati Mera Desh" under the aegis of "Azadi Ka Amrit Mahotsav" to encourage people to bring the Tiranga home and hoist it. The idea behind the ini-

Justice Tashi Rabstan hoists National Flag at Jammu wing of HC

HT News Network

JAMMU, AUGUST 15: The 77th Independence Day was today celebrated in Jammu Wing of High Court of Jammu & Kashmir and Ladakh wherein Justice Tashi Rabstan hoisted National Flag.

Justice Atul Sreedharan, Justice Sindhu Sharma, Justice Vinod Chatterji Koul, Justice Sanjay Dhar, Justice Mohan Lal, Justice Rahul Bharti, Justice Moksha Khajuria Kazmi and Justice Wasim Sadiq Nargal were present on the occasion.

Besides, the Registrar Judicial, Jammu Wing, Jt. Registrar Judicial, other Registry officers, the officers/officials of the Jammu Wing of the High Court, Principal District & Sessions Judge, Jammu, Government Advocates, Vikram Sharma, President, Bar Association Jammu along with Executive Members also participated in these

celebrations.



Dr Ab Qayoom, Sr Correspondent Headlines Today Felicitated by District Administration

HT News Network

HANDWARA, AUG 15: HT- District Police Headquarters Handwara and Civil Administration Handwara has felicitated Senior Correspondent Dr. Abdual Qayoom The Daily Headlines Today's in recognition to his 'Positive and transparent journalism' in a function on 77th Independence held here on Tuesday at DPL Handwara. The senior journalist received the award by the hands of Senior Police and Civil Administration officials.(HT)

Highlighting contributions made by the journalist for over a decade now, the top officer on the occasion remarked that the scribe was being awarded "for his dedicated efforts in highlighting the public grievances of the frontier district in print/electronic media and for his positive and transparent journalism."

Dr Ab Qayoom has a vast experience in the field of journalism and even has put his life in risk on several occasions just for the people of area in general and people of Langate and Handwara in particular", he said.(HT)



DIPR Jammu celebrates I-Day with fervor, enthusiasm

HT News Network

JAMMU, AUGUST 15: The Department of Information and Public Relations celebrated Independence Day with patriotic fervor and enthusiasm here today.

To commemorate the joyous occasion of this Independence Day, officers and officials of the Department gathered in the premises of the office and exchanged greetings.

Joint Director Information Jammu, Atul Gupta unfurled the National Flag followed by singing of National Anthem by the officers and officials of the Department.

Joint Director Information (HQs), Naresh Sharma, Deputy Director Information (PR) Jammu, Dr. Vikas Sharma, Administrative Officer, Renu Sharma, Information Officer, Ashu Kumari, Field Publicity Officer Jammu, Mukesh Kumar, Information Officer, Sachin Bali, Maheer Thakur, Accounts Officer, Hitesh Choudhary, AD Planning, Naveen Bala besides senior officers and officials of the Department were present on the occasion.

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Deans, HODs, faculty members and students were also present on the occasion. It was followed by a grand parade by the security wing and NCC's girl's unit of the institute.

In his Independence Day address, Prof. Yedla congratulated people on 77th Independence Day and recalled the supreme sacrifices made by our leaders and freedom fighters.

"Freedom is the greatest thing in one's life and we are forever grateful to all those who sacrificed their lives to give us the fragrance of freedom,"



he said. Prof. Yedla said that India is the country with extreme diversity that demonstrated such unity that got us the independence, and continues to draw strength from its diversity.

Prof. Yedla further said today, we are privileged to witness the confluence of this diversity, right here at NIT Srinagar, where students and faculty from various states and backgrounds come together to learn, grow, and contribute to our nation's progress. "Here, it is a united family with

wide diversity and that is the spirit of India. For the past 76 years, India has shown tremendous growth in all aspects. We have emerged as the 5th largest economy in the world and predicted to become the 3rd largest by 2030," he said. Prof. Yedla said India is one of the fastest growing nations in the world and with national missions such as "Atmanirbhar Bharat" and "Make in India" is on its trajectory to become a developed nation. The new Education Policy 2020 is expected to train the future leaders.

CUK VC Prof. A Ravinder Nath hoists National Flag during I-Day celebration

■ HT News Network

Ganderbal, Aug 15: Central University of Kashmir (CUK) Vice-Chancellor, Prof. A Ravinder Nath hoisted the National Flag on the 77th Independence Day celebration organised at varsity's Tulmulla Campus here Tuesday.

Dean Academic Affairs, Prof. Shahid Rasool, Registrar, Prof. M Afzal Zargar, I/c Controller of Examinations, Prof. Farooq Ahmad Mir, Finance Officer and Dean DSW, Dr. Mehraj ud

Din Shah, Planning and Development Officer, Prof. Syed Zahoor Geelani, Deans of Schools, Heads and Coordinators of Departments, senior administrative functionaries, faculty members, administrative staff, and security personnel were present during the function.

Addressing the gathering, Prof. A Ravinder Nath congratulated the staff and the people of the country on the 77th Independence Day. "The best tribute to the freedom fighters is to work tirelessly for the growth, progress and development



of the country and for the Union Territory of Jammu and Kashmir," he said. CUK Vice Chancellor asked the

students and youth to dream big and work for realising the dream of making the country an eco-

nomie superpower and fully self-reliant in all the key sectors.

About his vision for the university, Prof. A Ravinder Nath, said, the university is soon setting up an innovation and incubation center and major reforms on the academics, research and governance front are on the anvil. He said that all the teaching departments are implementing NEP-2020 in letter and spirit and the students are being made part of knowledge creation, as envisioned in the policy. Prof. A Ravinder Nath, said

the university is encouraging research which is socially relevant and nationally important and has global impact. He asked the faculty, scholars and students to focus on patents. "Patents will give identity to the CUK," he added.

Prof. A Ravinder Nath also called for collaborations with other universities and higher educational institutions of Jammu and Kashmir and other parts of the country for sharing the resources and technical expertise. He further added that the university.

SKUAST-K celebrates country's 77th Independence Day

■ HT News Network

SRINAGAR, AUGUST 15: Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir (SKUAST-K) celebrated the 77th Independence Day with fervour and gaiety.

Vice Chancellor, SKUAST-K, Prof. Nazir Ahmad Ganai led the flag hoisting ceremony early this morning at the Shalimar campus of the varsity.

Registrar, Directors of the University, Dean Faculty of Horticulture, Controller of Examinations, Heads of Departments, Professors, and other officers of the university along with the students participated in the flag-hoisting ceremony with enthusiasm. The National Anthem was also played during the celebration event.

On the occasion, the vice chancellor highlighted the importance of celebrations held in the university with regard to Meri Maati Mera Desh (My Soil, My Country) which saw an overwhelming participation of students, faculty members and staff.

He paid rich tributes to all those who sacrificed their lives in the freedom struggle of India against British Colonial rule and the remarkable progress made thereafter in all walks of life.

"Once a food-starved nation with just a population of 35 crores, mostly relying on imports of agricultural commodities, India has now become a nation producing surplus food, besides feeding its own whopping 140 crore population," he said, while highlighting the progress the country has made over the years.

The vice chancellor further desired that the students of varsity should besides their professional studies, read literature and history as well to grow their mental faculties and see how the nation has walked through difficult times and reached the present position as a global leader.

The Flag Hoisting ceremonies were also held at all other campuses and research stations of the SKUAST-K. Deans, associate deans of faculties and colleges, and heads of research stations led the ceremonies at their respective campuses and stations.

77th Independence Day celebrated at Baltal Base Camp

■ HT News Network



GANDERBAL, AUGUST 15: The 77th Independence Day was today celebrated with great enthusiasm and patriotic fervor at the Baltal Base Camp of Shri Amarnath Ji Yatra. The Tricolour was hoisted by Ghanashyam Singh, Camp Director Batal, in the esteemed presence of Sushil Khajuria, SSP Yatra Baltal at the Joint Police Control Room (JPCR). The celebration saw the participation of various dignitaries, including the Chief Guest, who took the salute from contingents of the Indian Army, ITPB, JKP, CRPF, SDRF, SSB, and other security forces, along with civil officers.

The event also witnessed the presence of yatris, langar sewadaras, and service providers such as pony-walas, pithuwalas, and shopkeepers.

A spirited Trinaga rally commenced from the Baltal campus, covering the entire area, symbolizing the unity and diversity of the nation.

The celebrations extended to the "At Home" function, where refreshments were served to all attendees.

The occasion was embellished with dance performances, patriotic songs, and cultural programs that resonated with the spirit of the nation.

Addressing the audience from the dias, Camp Director conveyed his warm wishes to all citizens on the 77th Independence Day and reiterated the resolve to contribute to India's prosperity.

He expressed gratitude towards all service providers for ensuring the success and smooth operation of the yatra. The dedicated service of the security personnel was acknowledged and praised.

The event was also a reminder of the sacrifices made by the revered freedom fighters who laid the foundation for India's independence. Their efforts in shaping the nation into a free entity were commemorated and honored.

Vice Chancellor hoists the flag at IUST

■ HT News Network



Awantipora, August 15. On the eve of 77th independence day celebrations held at IUST, Prof. Shakil Ahmad Romshoo hoisted the National Flag. The ceremony was attended by all the employees including Dean Academic Affairs, Registrar, Dean Research, Finance Officer, other officers, Deans, HoDs etc. Addressing the gathering, Prof. Shakil Ahmad Romshoo congratulated the participants on the Independence Day and said that this is an occasion to rededicate ourselves to the cause of Nation Building and pay our homage to the freedom fighters who fought against the colonial rule and gave us freedom. He said that it was our responsibility to cherish the constitutional ideals and emphasized that in this regard educational institutions are important stakeholders in producing a conscious and law-abiding citizenry and said that the Indian Constitution upholds values of plurality, tolerance and unity in diversity. He said that with the implementation of National Education Policy 2020,

Bal Saint Shri Sahil Ji Maharaj and Adil Modi: Uniting Against Terrorism, Redefining Patriotism in Tral's Independence Day Celebration

■ Syed Tajamul

Tral, August 15, 2023* — The celebration of India's 77th Independence Day at GGHS Tral was an event marked by unity, patriotism, and a strong sense of purpose. Bal Saint Shri Sahil Ji Maharaj graced the occasion, and his presence was acknowledged with deep respect and admiration.

The Principal of GGHS Tral, Mr. Mohammed Afzal, extended a warm welcome to Bal Saint Shri Sahil Ji Maharaj, setting the tone for a day filled with inspiration and reverence. Their collaborative efforts played a pivotal role in the success of the entire program, leaving a lasting impact on the minds of the students.

Under the efficient leadership of Mr. Adil Modi, CEO & Director of Foundation For Youth Web, the event unfolded seamlessly.



Mr. Modi's dedication and meticulous planning ensured that every aspect of the program was executed flawlessly. His contributions were particularly notable during the flag hoisting ceremony, where he unfurled the national flag alongside Bal Saint Shri Sahil Ji Maharaj. The presence of Adil Modi, an individual committed to connecting Indian and Kashmiri youth through his organization, added an extra layer of significance

to the event.

Adil Modi's role in organizing and managing the event was widely praised by attendees, with many expressing their gratitude for his achievements and the exceptional arrangements that contributed significantly to the celebration. His efforts underscored the importance of fostering unity and cooperation among India's diverse youth population.

Bal Saint Shri Sahil Ji Maharaj acknowledged the

outstanding contributions of both Mr. Mohammed Afzal and Mr. Adil Modi in his address, expressing his heartfelt appreciation for their dedication and hard work. The event concluded on a high note, with the sense of national pride and unity stronger than ever.

In a bold and inspiring move that challenged stereotypes and fostered unity, Bal Saint Shri Sahil Ji Maharaj and Mr. Adil Modi collaborated to hoist the tricolor at Tral, a region that was once considered a hub of terrorism. Their unwavering commitment to breaking down barriers and promoting patriotism has ignited hope and positivity in the hearts of the people.

Tral, historically known for its challenges and complexities, witnessed a transformative moment as Bal Saint Shri Sahil Ji Maharaj and Mr. Adil Modi, CEO & Director of Foundation For Youth Web,

77th Independence Day celebrated at JKEDI

■ HT News Network

PULWAMA, AUGUST 15: The 77th Independence Day was today celebrated with great enthusiasm and patriotic fervor at the Jammu and Kashmir Entrepreneurship Development Institute's (JKEDI) Sempora, Pampore campus.

The celebrations commenced with the hoisting of the National Flag by Director, JKEDI, Ajaz Ahmad Bhat followed by the soul-stirring rendition of the National Anthem.

The festivities took on an even more poignant tone with the inclusion of a ceremonial salute, executed by the brave members of B Coy from the 41st Battalion of the Border Security Force (BSF), under the leadership of Giriraj Singh Rana, Assis-



stant Commandant. In his address, the Director of JKEDI highlighted the significance of coming together to celebrate the nation's hard-earned freedom. He used the occasion to call for a renewed commitment to building a prosperous and harmonious country.

He emphasized that the celebration of Independence Day should serve as a reminder of the sacrifices made by countless individuals during the freedom

struggle and the responsibility that each citizen carries in ensuring the nation's progress. He stressed the fact that the Institute will work towards creating opportunities in the field of entrepreneurship, enabling the youth to take advantage of them and advance their careers.

The Institute's premises were adorned with vibrant floral arrangements and fluttering national flags, resonating the spirit of patriotism and national pride.

FCS&CA organizes function to celebrate Independence Day, 2023

■ HT News Network

SRINAGAR, AUGUST 15: The Directorate of Food, Civil Supplies & Consumer Affairs Kashmir today celebrated Independence Day at its office premises in Shaheed Gunj Srinagar.

On the occasion, the National Flag was hoisted which was followed by the National Anthem. An Open House interaction was also held on the occasion with about 200 officials who actively participated in the celebration with great enthusiasm.

Officers delineated the ethos and the themes of the Independence day during their keynote address and emphasized the efforts of the department for initiating wide



range of transparency measures, specially highlighted the role of the department in distribution of food grains in a most transparent manner through biometric and Aadhar enabled Point of Sale Devices, successfully reaching out to every nook and corner of the province to deliver the services to the most eligible persons

in a hassle free manner.

On this occasion, a detailed overview of working of the department during the current year where in several consumer friendly initiatives have been taken by the department to ensure that all the six fundamental rights of consumer are implemented were also highlighted.

What’s a heart-healthy diet? Low consumption of fruits, vegetables, wholegrains and dairy may be the reason for our heart attacks

For a long time, experts have focused on foods harmful to heart health. But now an international study, published in the July 2023 issue of the European Heart Journal, has found that heart diseases are triggered more by undernutrition of protective foods than a high intake of “harmful” foods. Conducted across 80 countries, the study has found that a low intake of specific types of protective foods — fruits, vegetables, whole grains, legumes, nuts, full-fat dairy products and fish — are associated with a higher number of heart attacks and strokes.

The Prospective Urban Rural Epidemiology (PURE) study recruited women and men between 30 and 69 years across 25 countries about 15 to 20 years ago. This observational study began in India in the early 2000s and has recruited more than 200,000 participants from low, lower-middle, upper middle and high-income countries in Asia, Europe, North and South America and Africa. It found that high carbohydrate intake and low intake of fruits, vegetables and unsaturated fats (monounsaturated and polyunsaturated fats) were responsible for an increased risk of heart disease. So, investigators developed a Healthy Dietary Index that led to protection from heart diseases and is suitable for populations of middle-aged women and men in lower-income countries such as those in South and Southeast Asia, Latin America, Central Europe, Asia and Africa. Most of the previously developed healthy dietary patterns such as the Mediterranean diet, DASH (Dietary Approaches to Stop Hypertension, US), and EAT-Lancet planetary diet were developed in Europe and North America. These dietary patterns are not based on the food easily available in lower-income countries, are expensive and not suitable for general populations



The PURE study, which factors in India, found that we suffer heart attacks because we do not have enough fruits, vegetables, wholegrains, legumes, nuts, dairy and fish. It has even set a heart-healthy food index, says Principal Investigator, Dr Rajeev Gupta, Chair, Preventive Cardiology and Medicine, Eternal Heart Care Centre and Research Institute, Jaipur.

in India and other lower-income countries. So, the PURE study investigators made the following recommendations for daily intake.

Vegetables: About two to three servings daily or two medium-sized cups of leafy and other vegetables, partially boiled, steamed or sautéed and not heavily cooked.

Raw fruits: About 200 g/day, equal to one banana, apple, guava or pear.

Legumes: Half cup of lentils or beans (dal) daily.

Nuts: Tree nuts or peanuts, 15-20g/day.

Dairy products: Milk or yoghurt, 250-300 gm, 40-50 gm home-made cheese, butter/ghee.

Whole grains: Indian flat bread, high-fibre bread, ½ cup cooked rice, barley, buckwheat and so on.

Fish: 100 gm cooked fatty fish, thrice a

week. **Oils:** Monounsaturated or polyunsaturated oils in small amounts (20-30g/day). Although all the previous iterations of healthy diets recommend an almost similar diet, the PURE Healthy Diet is unique in recommending a high intake of dairy and dairy fats for the prevention of heart diseases. Nutritionists and physicians should discuss food preparation techniques with individuals and discourage shallow frying and repeated use of oils for cooking. The PURE Healthy Dietary Index was classified into five categories, and it was found that as compared to the lowest index diet, the regular intake of the healthiest diet was associated with 20-40 per cent lower incidence of heart attacks and strokes. The PURE Healthy Diet was also evaluated and validated in cohorts from more than 60 middle and lower-income countries (data were available with the investigators), and it was confirmed that the high-index PURE diet is protective. Intake of the healthiest diet was associated with 30-50 per cent lower incidence of heart attacks and strokes in the validation cohort also. Overall, the PURE Healthy Diet proposed by the study investigators, many from India, suggests that there is a need to move away from the restrictive dietary advice focusing on nutrients that we must avoid to a more proactive approach. Physicians, nutritionists and other health workers should promote the intake of heart-protective foods. A balanced approach towards food patterns (high intake of protective foods, balanced calorie intake, restriction of high intakes of unrefined carbohydrates and trans fats) is advised. Such diets are enjoyable and should be the mantra for the prevention and control of heart disease in India. There is an urgent need to implement policy interventions to increase the availability of healthy foods identified in the PURE.

Osteoporosis: How to stay safe while exercising for better bone health

Osteoporosis is one of the most common health conditions affecting the elderly in India. This medical condition causes your bones to become weak and brittle, resulting in fractures if any stress is caused.

Besides taking a proper diet to maintain a healthy bone structure, one also has to resort to specific exercises to increase strength, stimulate bone growth, increase bone density and prevent future bone thinning. However, there are specific considerations before you begin a workout regime, if you have osteoporosis. According to the National Institute of Arthritis and Musculoskeletal and Skin Diseases, people with osteoporosis have a high risk of developing broken bones and major fractures, especially in postmenopausal women and older men, when exercising.



What are the exercises you should avoid for osteoporosis?

Aiming for at least 150 minutes of moderate-intensity cardio and muscle-strengthening activity each week can be helpful for most people.

There are three main exercises you

should avoid when you have osteoporosis as they could be dangerous and cause bone thinning.

Which are the best exercises for osteoporosis?

Exercises best known for osteoporosis stimulate bone growth. "Bone growth is

stimulated through applying a load on the bone as a result of body weight or the pull of a muscle during resistance exercise, such as exercises using light weights or resistance bands," as per Dr Johnson. These exercises include: walking, climbing, body-weight exercises like push-ups, squats, lunges and planks, elliptical training, dancing, pilates, yoga, and resistance band moves. However, according to Mayo Clinic, swimming and cycling might have plenty of perks, they don't have enough body-bearing load to build bone density. Learn which exercises you should avoid if you have osteoporosis, as they could be dangerous and cause bone thinning. Exercises best known for osteoporosis stimulate bone growth. "Bone growth is stimulated through applying a load on the bone as a result of body weight.

Researchers Use 'Mini-Brains' to Look for Origin of Autism Explains

Various brain functions are thought to contribute to autism spectrum disorder (ASD) — yet, despite ongoing studies, scientists have not been able to pinpoint its specific roots.

However, a new research Trusted Source published this month led by Yale University and Mayo Clinic and published in the journal Nature Neuroscience sheds light on a potential mechanism behind ASD's development.

The scientists found that ASD was linked to two neurodevelopmental abnormalities involving excitatory neurons.

Excitatory neurons have a higher likelihood of “firing” or passing an electrical signal through muscle fibers in the nervous system.

The researchers also found an association between these abnormalities and the incidence of macrocephaly, which is when the head is larger than average in size.

Excitatory neurons in early brain development linked to autism



To assess neural pathway function in ASD, the researchers took skin stem cells from 13 boys diagnosed with the condition — eight of which also had macrocephaly. The participants were sons of clinicians working at Yale Child Study Center.

From there, the cells were used to create organoids or “mini-brains” in culture dishes, which are miniature 3D models that resemble the brain. Once these were established, the researchers used single-cell RNA sequencing to study gene patterns in 664,272 brain cells across three stages of brain development.

These results were then

compared to the brain development of the children's fathers.

They found the children with ASD had imbalanced levels of excitatory neurons compared to their fathers. Interestingly, those with macrocephaly had excessive amounts of these neurons, while children without macrocephaly had a deficit of them.

Dr. Flora Vaccarino, the Harris Professor in the Child Study Center at Yale School of Medicine and co-senior author of the paper, said that one finding was particularly unexpected.

“I was not surprised to find different mechanisms of disease in normocephalic [normal head size] and

macrocephalic ASD,” she told Healthline.

However, “I was surprised by our discovery that these mechanisms are diametrically opposite — where, for example, some genes/cell types that are increased in autism with macrocephaly are decreased in autistic children that are normocephalic.”

The role of neurons in autism

Neurons play a critical role in brain function, sparking connections and sending messages that dictate everyday actions.

“The signals sent between neurons are necessary for activities like eating, talking, breathing, walking, speaking, and thinking,” explained Dr. Peter Chung, medical director at The Center for Autism & Neurodevelopmental Disorders, University of California, Irvine — School of Medicine.

So where do excitatory neurons come into all of this? “Within those connections, excitatory neurons are responsible for sending or spreading signals.

Your Period Products May Contain Dangerous PFAS: What to Know

Potentially harmful “forever chemicals” or PFAS have been found in some — but not all — period products such as liners, pads, tampons, cups, and underwear.

Researchers at the University of Notre Dame analyzed over 100 period products for fluorinated compounds or per- and polyfluoroalkyl substances more commonly referred to as PFAS or “forever chemicals,” but PFAS have stick-, stain- and water-resistant properties, making them desirable characteristics for period products.

Currently, there are few regulations of PFAS in clothing and period products in the U.S. and Europe.

None of the tampons tested in this particular study contained “forever chemicals,” but PFAS were found in high concentrations in some tampon plastic wrappers and plastic applicators, liners, and pads, and the outer layers of period underwear.

These findings are being presented at the American Chemical Society (ACS) Fall



2023 meeting. No brands were named in the study, and the research is ongoing.

The problem with PFAS in period products

Dr. Graham Peaslee, PhD, a physics professor at the University of Notre Dame and the principal investigator of the project, tells Healthline that PFAS in period products are not only concerning for the wearer but for the environment and future generations. “PFAS are all man-made, and when they enter our bloodstream they typically last for years,” he says. “The reason for this is that they transport to all of our organs and there is known toxicity with all the

PFAS that have been studied to date,” he explains.

“What isn't as obvious to most people is that while it is possible to absorb PFAS through the skin, only a small fraction of the PFAS used in these products will do that (we think), but 100% of these PFAS will be released when these items enter the landfill,” says Peaslee. “Paper products will typically release PFAS into the environment within months, and textiles within a few years, which means these forever chemicals will end up in the water supply for drinking as well as irrigation water for our food...and everybody will be indirectly

exposed to PFAS eventually,” he tells Healthline.

“That is why we are trying to urge companies not to use it when it isn't essential, and the fact that only some period products have PFAS obviously means that they aren't essential,” he adds. Alyssa Wicks, a graduate student in Peaslee's lab who is presenting at the meeting, suggests in the press release that high concentrations of PFAS “might be used to keep moisture out of the wrappers so that the items inside remain dry.” Similarly, she says that adding PFAS to the outer layer of period underwear would keep fluid from escaping the inner layers and prevent it from spreading onto a person's clothing. How PFAS in period products may affect your health

“The extent to which per- and polyfluorinated alkyl substances (PFAS) are a risk to health is not fully understood despite the fact that they have been around since the 1950s and extensively used both in industrial and consumer products,” says Dr. Winston.

NEWS

8 Reasons Why You Should Consume Cardamom & How To Add It To Your Diet



Cardamom, also known as cardamon, is a spice made from the seeds of various plants belonging to the ginger family. It has a strong and unique flavour, combining citrusy, floral, and spicy notes. Cardamom is commonly used in both sweet and savoury dishes in various cuisines worldwide.

1. Improved digestion

Cardamom is known to stimulate the secretion of enzymes that aid digestion, alleviating common digestive issues like bloating, gas, and stomach cramps.

2. Fresh breath

Chewing on cardamom seeds helps freshen your breath naturally, neutralising bad odours and promoting oral health.

3. Anti-inflammatory properties

The active compounds in cardamom possess anti-inflammatory properties, which can help reduce inflammation and relieve symptoms associated with conditions like arthritis and asthma.

4. Improved blood circulation

Cardamom is a natural blood thinner that promotes better blood flow and circulation. This can help prevent blood clots, reduce the risk of heart disease, and promote overall cardiovascular health.

5. Detoxification

Cardamom acts as a diuretic, promoting increased urine flow and aiding in the elimination of toxins from the body. This can help improve kidney function and overall detoxification.

6. Lower blood pressure

Regular consumption of cardamom has been shown to have a positive impact on blood pressure levels, potentially reducing the risk of hypertension and related cardiovascular diseases.

7. Antioxidant properties

Cardamom contains high levels of antioxidants, which help protect cells from damage caused by free radicals. This can help reduce the risk of chronic diseases like cancer and slow down the ageing process.

8. Mental well-being

Cardamom has been used in traditional medicine to help improve mental clarity and relieve stress. It is believed to have a calming effect on the mind and can help boost mood and reduce anxiety.

77TH INDEPENDENCE DAY CELEBRATED WITH GREAT ENTHUSIASM & PATRIOTIC FERVOR ACROSS KASHMIR

